

TOBACCO:

THE EFFECTS OF ITS USE AS A LUXURY

ON THE

PHYSICAL AND THE MORAL NATURE
OF MAN.

A PRIZE ESSAY.

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THE EFFECTS OF THE USE OF TOBACCO AS A LUXURY.

CHAPTER I.

REMARKS UPON THE USE OF NARCOTIC LUXURIES.

THE use of stupefying drugs and inebriating drinks is wide-extended as the human race. So universal and so strong is man's attachment to these luxuries, that dreamy sensualists and idle speculators have endeavored to prove that the Beneficent Author of Life has created in man a physical necessity for such intoxicating agents. By means of this false philosophy, multitudes blind their conscience and strengthen themselves in evil practices that are alike hurtful to both the body and the soul.

In this, and in many other ways has man worked out the problem of his sensual and his moral depravity.

Prone to evil in the exercise of every faculty of his nature, man's departure from the laws of his being are seen in all his practices and habits. He perverts every appetite and every sense, and by inappropriate food and poisonous drugs he destroys their very capacity for ministering natural pleasures. Endowed with senses and nerves of exquisite delicacy, that are keenly alive to every impression, and which with electrical dispatch and certainty bring every organ and every fiber of the living system into immediate and sympathetic relations, and unite the whole community of organs and functions in perfect harmony, man is most persuasively invited to obey the laws which govern his physical being; and as a reward for such observance he is offered the rich blessings of enduring health, and the full fruition of life-long pleasures.

Yet, notwithstanding all this; and madly disregarding the most solemn warnings against the disastrous consequences of sensual inebriety, the great majority of the human race have eagerly sought the transient and unsatisfying delights of unnatural excitement, and have insanely yielded themselves to the beguiling and destructive influence of

stupefying drugs, until inebriety has become a universal characteristic of man.

The rude savage and the polished civilian, the debased pagan and the nominal christian, alike transgress the plainest laws of their physical nature, and by the use of stupefying and inebriating drinks they voluntarily shut their eyes to nature's light, and close their ears to reason's voice.

Perverted and blinded, the transgressor soon comes to call *evil, good*; and *good, evil*; and thus he breaks down the strong barriers which the Creator has erected against the domination of appetite and the passions. Perverted appetite and unholy lusts have even been deified by the heathen, and they are worshipped alike by all mankind, except the few who fear God and keep his commandments.

Bacchus receives worship more universal than any other deity; and to the *god of appetite and drunkenness* is paid greater tribute than to the KING of KINGS.

Poets have wreathed their inebriating bowl with tempting pictures and smiling flowers; and bright Genius often has recklessly plunged into the fatal maelstrom of sensual indulgence, madly shouting with drunken Anacreon,

"Oh, Bacchus, I will sing of thee
In wild, sweet but ebriety!!"

* * * * *

And then I'll rave in wild delight;
I will! I will be mad to-night!!"

Man loves inebriating excitement, and he seeks its fascinating charms at the imminent peril of his dearest interests: and with equal folly and greater hazard, he insanely drowns his senses in oblivious stupefaction, and blindly revels in the flitting shadows and tempting fancies of dreamy Narcotism, until indulgence becomes a passion, and perverted appetite becomes stronger than all the powers of reason and the will.

It is thus that poisonous drugs and maddening drinks have become common articles of luxury, and have come to be esteemed essential to human enjoyments, if not necessary to life itself.

Such an article of luxury, and the most wonderful and harmful of them all, is TOBACCO: and among all the poisonous drugs and deadly plants that are known, there is not one other so well adapted to do the Devil's work of deceiving and destroying mankind. No other article of luxury is so universally used, and there is none whose fascinating and deleterious effects are so masked and misunderstood.

Its deluded victims are counted by tens of millions and its disgusting plague spot is seen in every hamlet and in almost every habitation on the face of the earth.

In all nations and among all classes, this nauseous weed has become the *fashionable luxury* of life; and notwithstanding its well known poisonous nature, it is more eagerly sought, and freely used, than any other inebriating or narcotic drug.

None who freely use it, can withstand its fascinating influence upon the mind, nor avoid its hurtful and poisonous effects upon the body.

Yet, the learned philosopher and the rude savage alike seek the dreamy and oblivious charms of this stupefying weed, and yield themselves to the vilest servitude and to the most disgusting and pernicious habits.

We know that it is a thankless duty thus to take up argument against this most fashionable of luxuries; but a *duty* is, and the writer will endeavor faithfully to present the facts and the arguments which observation and experience have fully established; and especially as a physician is it his duty to call attention to the truths which medical science and observations have demonstrated in reference to the physical and the moral effects of this pernicious luxury.

To exhibit *the truth* in reference to this subject, and thereby to dissuade mankind from the use of that hurtful luxury, is the sole object of this essay: and we would that we had power to break the spell by which the victims of tobacco are kept from hearing the voice of reason and feeling the force of truth, as readily as we hope to convince and influence those who have not yielded to the charms of this bewitching drug, nor become the slaves of perverted appetite.

We do not propose to indulge in harsh invective, nor shall we wage a pedantic war of words against this stupefying weed and its blinded victims; but it is our design to address to reason and to conscience, the argument of facts and sober truth.

CHAPTER II.

THE PROPERTIES OF TOBACCO, AND ITS EFFECTS UPON THE HUMAN SYSTEM.

In the *Materia Medica*, and among those substances known as poisons, Tobacco is distinguished as a powerful and dangerous *narcotic*. The term *narcotic* signifies a *stupefying*, *benumbing*, or *paralyzing* agent; from the Greek word, *narkao*; to become torpid or stupefied.

So very dangerous and potent are its narcotic properties, that tobacco is only seldom used for any purpose in medicine; and when it is resorted to, the greatest caution is necessary; for even when administered by a faithful physician, it has in many cases produced fatal results.

The peculiar poisonous principle contained in the tobacco plant is termed Nicotine: It is one of the most deadly poisons known, a single drop, or a single grain of it being sufficient to destroy the life of a large animal.

A single leaf of tobacco, or a single cigar contains enough of this narcotic poison to destroy the life of the strongest man, if it were introduced into the stomach, or applied directly to the nerves and blood vessels of the body.* A single grain of Nicotine introduced into a blood vessel of a living animal, would cause instant death; and a few drops of the fresh juice of tobacco when applied to a wound or introduced into the stomach, induces a fearful prostration of all the powers of life, and in several instances has caused death. The same effects will follow when a fresh or moistened leaf of tobacco is applied over the region of the stomach, or upon an abraded surface of the skin.

So hazardous are these experiments that no intelligent physician would think of performing them; but through ignorance, *nurses* have sometimes had the temerity to resort to such use of tobacco for the relief of severe pain, and not unfrequently its poisonous effects have become so alarming

* According to Thompson (*Organ. Chem.* p. 286), 1000 parts of Virginia tobacco contain 10 parts of *nicotine*; therefore, in one pound of tobacco there are about 70 grains of *nicotine*;—and in a single cigar—weighing one ounce, there are more than 4 grains of this deadly poison.

that a physician has been called, and in some instances all the resources of his art have been insufficient to rescue the patient from the fatal effects of the narcotic.

I have myself seen such instances of poisoning from tobacco, and almost every physician can relate similar cases.

Surgeons have sometimes resorted to a weak infusion of tobacco, injected into the bowels, in cases in which it was necessary to induce immediate prostration of muscular energy, as in cases of strangulated hernia, and in bad dislocations of the joints; but even in these cases the risk is so great that no prudent surgeon will use it except as a *dernier* resort. Many cases are on record in which such administration of tobacco has caused death. Says Dr. Mussey, "a tea of from 20 to 30 grains of tobacco introduced into the human body for the purpose of relieving spasms has been repeatedly known to destroy life."

Sir Astley Cooper, Sir Charles Bell, Brodie, Paris, Eberlie, Orfila, Christison and many other medical authors have recorded cases of death from tobacco.

The French poet SANTUIL, while feasting at the table of his friend, the Prince of Conde, drank a glass of wine into which a joking companion had stealthily introduced a small quantity of Spanish snuff which caused his death in a few hours.

I have known cases in which children have been suddenly killed by the introduction of a small quantity of snuff into the mouth and throat.

In the horrible tragedy recently enacted in Belgium, in which the Count de Bocarme destroyed the life of his wealthy brother-in-law, GUSTAVUS FOUGNIES, a small quantity of *nicotine* was administered to the unfortunate victim while at his dinner, and in less than five minutes after he had swallowed the poisonous potion he expired.

No other poison could have accomplished the work more certainly, nor more suddenly; and to find out such a potent

The celebrated toxocologist and chemist, M. ORFILA, recently instituted a series of experiments with reference to the medico-legal question involved in the trial of Mons. and Mad. Bocarme.

As the results of his labors, he says, "the facts show, first, that *nicotine* is one of the most active poisons; second, that in very minute doses, it causes almost immediately, difficult respiration and violent convulsive action of the diaphragm; various movements of the muscles, convulsive and tetanic vomitings; third, that in larger doses it occasions vertigo, which causes the animal to fall, with frightful convulsive motions."

and deadly agent, the wicked Count had spent much time and made many experiments.

The celebrated chemist M. STAS, examined the dead body of Fougnyes, and extracted *nicotine* from the tongue, the stomach, the lungs, and the liver.

Here we see an illustration of the diffusiveness of the poisonous principle of tobacco, as well as a striking proof of the astonishing certainty and fatality of its effects.

Among farmers and horticulturists a decoction of tobacco is frequently used to destroy vermin on animals, trees and vines: the smoke of tobacco is often used for the same purpose. In manufactories of tobacco, and on board vessels loaded with it, persons are sometimes poisoned and rendered insensible by the effluvia from the plant.

The American Indians were accustomed to poison their arrows with tobacco; and the Hottentos destroy serpents with it! Dr. Mussey, Orfila, and many other experimenters have demonstrated the fatal certainty with which a minute quantity of the oil of tobacco will destroy the life of animals.*

But we need not adduce farther proofs of the poisonous nature of tobacco, for even the lovers of the weed are fully aware that they would peril their lives by introducing into the stomach, or otherwise retaining in the body but a small proportion of what they daily consume. Even with all the precaution and vigilance that are used by the smoker and the chewer to disgorge the fumes, and the juice of the deadly drug, several cases have occurred in which the votary of tobacco has died while in the very act of indulging in his favorite luxury; and thousands of cases of death from apoplexy, and from disease of the heart have occurred as the immediate consequence of tobacco-using.

Preliminary to further discussion of the peculiar properties and effects of tobacco as a narcotic luxury, let us enumerate a few of the leading facts in Human Physiology,

* It is supposed that Shakspeare refers to this *empyreumatic oil of tobacco*, when he speaks of the "juice of cursed hebenon," (Hamlet, Act I, Scene 5,)

"Ghost,

Thy uncle stole,

With juice of cursed hebenon in a viol,
And in the porches of mine ear did pour
The leprous distilment:

* * * * *

Thus was I, sleeping, by a brother's hand,
Of life, of crown, of queen, at once despatched."

which stand connected with this subject ; for the very idea of a narcotic agent presupposes the existence of a living system supplied with *nerves* and endowed with *senses*.

We know that it is through the agency of the *nervous system* in all animals, that the phenomena of Life are manifested ; and that the great *nervous centre*,—the Brain, in Man is constituted the *organ* of the Mind.

Such is its dependence upon the Brain and nervous system that the Mind is immediately affected and influenced by the conditions of, and the impressions upon, the nerves and the nervous centres.

Intoxication with alcoholic drinks or with any other narcotic agent renders the strongest mind utterly powerless, and may destroy even the ability to will or to act. This intimate dependence of the mind upon the condition of the brain and the nerves, is familiar to every one ; and it is painfully illustrated in the thousands of wretched inebriates that crowd our streets. Not only will alcoholic liquors induce this condition of mental stupor, but the same effect is as certainly induced by Tobacco, Belladonna, Aconite, Stramonium, Opium, and many other narcotics.

From four to ten grains of opium administered to a person in health, will induce complete mental stupor and nervous insensibility ; and a less quantity of the oil of tobacco will induce the same results and even destroy life. Not only are the mental faculties and the senses affected, or their functions entirely suspended by narcotic drugs, but every function of the living body is correspondingly affected ; for muscular power and motion, respiration, the action of the heart and the circulation of the blood, are alike immediately dependent upon the nervous system, whose delicate fibres are diffused throughout every part of the living frame.

Whatever may be the particular cause and mode of nervous excitation and life, it is sufficient for our present purpose to know the following facts.

1. That the Brain and the Spinal Cord are the chief nervous centres.

2. That the nerves connected with these centres are distributed throughout every tissue of the animal frame ; and that some of these nerves receive and convey impressions to the great centres, while others perform the reflex office of influencing and controlling the organs of life and motion.

3. Various substances and agents have the property of stimulating, depressing, or otherwise essentially modifying the capacity for nervous impressions and excitability.

4. Any substance necessary for the nourishment and well-being of the human system, does not in any marked degree depress, excite, or otherwise modify nervous powers; while those agents which do so modify those powers of life, are capable of producing poisonous and fatal effects.

5. All narcotic substances are poisonous;—i. e. they are anti-vital, or opposed to the principle of life and to all the functions of the living system. The use of narcotics impairs the health and destroys life, whether slowly or suddenly, by deranging or destroying the functions upon which life and health depend.

6. Some narcotic agents induce less permanent effects than others; some are very rapidly eliminated or cast out from the body, while others do not so readily escape from the system.

Alcoholic liquors produce less permanent effects than tobacco, opium and other solid narcotics; but they all alike are capable of inducing intoxication and death.

7. The first stages of intoxication are accompanied by a sense of pleasing and unnatural excitement of the mind and of the nervous system; but this excitement is always succeeded by a corresponding depression both of body and mind and with every repetition of such indulgence in narcotism, the powers and functions of life are impaired.

The truths stated in these seven propositions are too obvious and well understood to require further explanation.

All narcotic substances *intoxicate*; and it is for the beguiling pleasures and tempting excitement of the first stages of intoxication, or for the fascinating delights and blinding insensibility of the succeeding period of dreamy stupor with its bewitching enchantments of unreal life, that any narcotic is resorted to as a luxury.

The perverting and controlling power that narcotics exert upon the body and the mind is well understood by the physician, and is known to all who have witnessed the effects of these agents. The lover of opium, as he slowly quaffs the fumes or swallows the juice of his favorite and stupefying luxury, becomes blind to his own safety, and seems insensible to everything but the fascinating charms of narcotism. The same is the case with the lovers of that bewitching drug called *sidhee*, *bang*, or *gunjab*, so much used in India.*

* This is the *Cannabis indica* of botanists. It possesses singularly exhilarating properties, inducing remarkable cheerfulness and mirth; and if freely used, it is a dangerous narcotic. It produces the most disastrous effects among the people of Southern Asia.

The completely controlling power of narcotics is most strikingly illustrated in the effects of Chloroform,—that prompt and powerful narcotic agent now so much used by surgeons for the purpose of inducing complete *anesthesia* or *narcotism*.

As the patient inhales the vapor of Chloroform he becomes excited; the pulse beats quickly, the face is flushed, and he talks rapidly,—often eloquently, sings, repeats poetry, etc.: sometimes the patient under the full influence of Chloroform seems to enjoy perfect ecstasy of pleasurable feelings and emotions; and often the *baser emotions and passions are in the ascendant*. As this brief stage of excitement begins to wear away, the patient will eagerly press to his mouth the sponge of Chloroform, and if it is withdrawn, he will weep and importune for its return. If the effects of the Chloroform be carried a little further, it induces complete insensibility and profound stupor,—which is the very *next step to death itself*.

Here we see all the peculiar and characteristic effects of a narcotic crowded into such a brief period that no one can fail to observe the peculiarities and relations of the several stages of narcotism; nor can the observer mistake the fact that narcotics act with controlling power and fearful certainty upon every function of the body and every faculty of the mind. Yet in the hands of a judicious physician Chloroform is a safer narcotic than tobacco.

Some narcotics are resorted to, principally for the exhilarating effects. It is solely for this purpose that *alcoholic beverages* are used; and it is principally for the same purpose that the *gunjab* or *sidhee* is used among the Asiatics. Opium when taken in small doses, induces similar effects but in a less degree, and then it hushes into dreamy repose, or a deep stupor. It is principally for this soothing and sedative effect that opium is resorted to as a luxury.

Tobacco induces all the peculiar and characteristic effects of a narcotic, and that, too, in a peculiarly fascinating and deceptive manner. As this drug is fashionably used, its effects are induced so gradually, that after the repugnance of nature is once subdued, and the system made accustomed to the strange and irritating poison, the lovers of the weed see not its hidden and deadly power that daily is enslaving and degrading all their faculties of body and mind. Yet a little observation and reflection should con-

A graduate of the British Army in India, having learned the fascinating properties of this singular plant, is at present making a fortune in this city, by the manufacture and sale of a *nostrum panacea*—made from this narcotic drug.

vince any one that the poisonous effects of this or any other narcotic, are not the less certain nor less dangerous, because unfelt and unappreciated. It is only after long years of indulgence, that the shattered nerves, and the sallow, lifeless countenance of the opium smoker reveal the full effects of his narcotic luxury. Palsied limbs, a bloated body, and all the drunkard's woes come upon the wine bibber and the brandy tippler only after years of moderate drinking. So with the tobacco-user, the ruddiness of health is wasted little by little ; yet with inevitable certainty his narcotizing luxury, when long and freely indulged, saps all the foundations of physical life and vigor, and earlier or later opens wider the flood gates of disease, or cripples into premature decay.

No tobacco-user ever escapes the penalty of his folly ; and though by strong indulgence he may so benumb and pervert all his faculties of body and mind, that he may not be able to perceive the harm of his indulgence ; yet not the less certainly will that penalty follow his transgressions against the laws of his being.

The properties and effects of tobacco are of a curiously mixed character, and perfectly adapted to the work of fascinating and deceiving those who indulge in its use. Its power or property of stimulation is strangely interwoven with its more important and predominating one of *sedation* or depression.

Among the articles of the *Materia Medica*, Tobacco is considered the type of those poisons known as *acrao narcotics* ; i. e. narcotics which *irritate while they stupefy*.

This definition of a descriptive term conveys a good idea of the peculiar effects that tobacco exerts upon the human system. This complex and double action of tobacco is peculiarly and fully adapted to the work of fascinating and misleading those who submit themselves to its influence. It titilates the nerves and exhilarates the feelings, while it obtunds, and stupefies the sensibility and partially suspends the process of life. It most enticingly tempts to farther indulgence, while at every repetition it creates additional appetite, and fuller indulgence in the luxury until habit becomes far stronger than nature, and the effects of tobacco come to be more eagerly sought than necessary food. The appetite which it creates, is a *never-ending gnawing* that will not be denied ; and under the most specious guise of *absolute physical necessity* it hides its insatiable and cruel demands.

The powerfully *sedative* properties of tobacco, distinguish it from those more exhilarating narcotics like

alcoholic liquors which so openly betray their hurtful nature that no one can easily be deceived by them. But the evils of tobacco-using are not less important nor less certain because not so obvious and immediate as the effects of spirit-drinking : on the contrary, they are the more dangerous and deceptive because they are masked and misapprehended. Indeed, this peculiarly sedative or depressing effect of tobacco is one of its very worst effects ; and it is far more disastrous in its results than any other species of simple exhilarative, with this exception, that it does not make its victims violent or immediately dangerous to others.

As tobacco is fashionably used in America and in Europe, this sedative effect of the drug is so gradually induced, and so masked by other and more immediate effects that it does not attract universal observation, and often, is not apprehended by the user of the luxury. But among some people, as the inhabitants of the Sandwich Islands, this sedative effect of tobacco is sought and secured at once by swallowing the smoke of the weed.

Dr. L. Andrews, a Physician on the island of Hawaii, has informed me that the Hawaiians are excessively fond of tobacco-smoking, and that they invariably *swallow the smoke*, a few whiffs of which induce almost immediate intoxication. One pipe of tobacco, or a single cigar suffices for a large company of these island smokers ; the pipe or cigar is passed from mouth to mouth until all are drunk with its poisonous fumes. This is certainly a very *economic* mode of using tobacco ; and aside from the danger of immediately fatal effects it is not more disastrous in its results than are the modes in which it is used among us. Indeed in its ultimate consequences, the Hawaiian is the safer mode ; for its evils are unmasked and unmistakable. Yet in the Hawaiian churches, tobacco-smoking is considered a disciplinable offence against christian morals.

The Sandwich Islander indulges in tobacco only occasionally, and then he satisfies himself at once with its full effects ; but Americans and Europeans are *constant tipplers* of the poisonous drug, and they *waste much time* in the indulgence ; and what is worst of all, by the gradual manner in which its effects are induced, the lovers of the weed deceive themselves respecting the legitimate influence and results of the practice. It is principally for its *sedative* effect that tobacco is resorted to as a luxury ; and in old tobacco-users we find that these effects have become permanent, the powers of life very much depressed, the pulse uncommonly feeble, and all the functions torpid. Yet the lovers

of tobacco can seldom tell for what particular purpose or effect they use the drug, and they are often wholly unaware of the depressing power it exerts.

But here lies the most important mystery of its use as a luxury among all classes of men. The sedative influence of tobacco acts as a damper to that bristling excitability which the nervous system acquires from deficient or excessive action; while at the same time it affords fresh and fascinating excitement that for a time makes one forgetful of weariness, and promises to relieve the tedium of life.

The plodding laborer, the care-worn denizen, and the anxious student, the listless subject of ennui, the excited wine-bibber, and the exhausted debauchee together praise the virtues of tobacco; and they believe that it has power to alleviate all the toils and ends of life.

There is no other narcotic substance known that can induce such complex and various effects; but the *ultimate results* of tobacco-using are invariably the same. By it the nerves are irritated, the senses benumbed, and their functions perverted; the action of the heart is rendered feeble and irregular, the blood circulates imperfectly, all the functions of life become sluggish, and *old age* creeps over countenances and frames that otherwise would have possessed all the bloom and vivacity of youth.

Every physician must have observed the disastrous effects that tobacco-using exerts upon the heart, and the circulation of the blood. Most of those causes of intermission of the heart's action which causes so much alarm to those who suffer from it; and much of that fashionable disease known as *palpitation of the heart*, arise from tobacco-using. Often both patient and physician mistake these merely functional derangements, for real disease of this important organ of life.

A gentleman of high standing in this city, thus describes his personal experience of the effects of tobacco upon the nervous system and the heart. His case is a type of thousands who suppose themselves suffering from some incurable disease of the heart.

He says, "After using tobacco for eight or ten years, I was frequently in great agony from an affection of the heart, which my physician said would some day take me off suddenly as a candle is snuffed.

At first the spells returned as often as once a week; then as often as every third or fourth day; sometimes, when depressed from business or sickness in my family, I would have returns of it three or four times in twenty-four hours, and that generally at night when the bustle of the day was

over. For a long time I verily considered that my life was suspended upon a brittle thread ; yet did not surmise that tobacco had any particular concern in the affair.

Throughout my use of tobacco I was extremely nervous, and was frequently troubled with a fluttering weakness at the pit of the stomach, which sometimes caused a slight tremour of the voice in talking, and made me feel it to be a great exertion to retain an erect position,—in fact I was often reminded of my position being like an empty bag attempting to stand upright.”

After 17 or 18 years of this increasing suffering, this gentleman gave up his tobacco-using, (which was very moderate,) and soon disappeared both the *heart disease* and *nervous affection*, together.

Physicians meet with multitudes of cases like this, and ignorant practitioners are constantly alarming their patients with the bugbear of *heart disease* where they ought only to discover *cigars* and *fine-cut tobacco*, and *snuff*.

Prof. Stevens, of this city, was some time since called to Washington to see a celebrated foreign Minister, who was thought to be in imminent danger from a terrific disease of the heart. The learned Doctor with his usual good sense made thorough investigation of the matter, and he found what he had often before observed in similar cases, that the patient's sufferings were merely the results of functional derangements induced by the use of tobacco.

The Doctor advised his anxious patient to throw away his *snuff-box*, and very soon the worthy minister's long continued and threatening heart-disease disappeared.

Cases of functional disease of the heart are very frequent among the lovers of tobacco ; and not unfrequently do these spasmodic and congestive affections induce permanent and incurable organic disease of the heart itself ; and the same causes will also produce diseases of the brain, the lungs, the stomach, the liver, the bowels, and other important organs of life.

The disastrous effects of tobacco upon the functions of the nervous system and the action of the heart are felt throughout every tissue of the body ; the blood moves sluggishly, and as it stagnates in delicate organs, foundation is laid for every form of disease ; while at the same time the poison of the drug itself is diffused through every tissue of the living frame, benumbing and paralyzing all the powers of life.

Tremors and a morbid excitability of the nervous system warn the votaries of tobacco of approaching danger, and tell of violence already done to the delicate machinery of

life ; while rheumatism, stiffness of the joints, piles, nausea, vertigo, numbness, paralysis and melancholy come crowding on to fill the victim's cup of earthly sorrow.

The use of tobacco tends to interrupt and derange all the processes of life ; and it so impairs the powers of nature, that the system is at once more liable to disease and less able to endure its consequences or resist its power. Other things being equal, it is much more difficult to manage and control any important disease in a user of tobacco, than in a person who is not habituated to such indulgence.

It may be replied, that " some persons who use tobacco freely, live long, and enjoy good health." The same argument is often brought in support of the use of intoxicating drinks, but it is a miserable subterfuge to which the advocates of these hurtful practices are driven to pick up a few apparently exceptional cases, in which perhaps bestial hardiness and insusceptibility may have partially resisted for a time, the destructive influence of a deadly poison.

The Chinese and the Turk will sometimes consume from 60 to 80 grains of opium per day ; and it is said that Mustapha Shatoor, an opium eater in Smyrna, was in the habit of consuming daily, the enormous quantity of 3 *drachms* or 180 grains of this powerful narcotic.

There once lived in Constantinople a person named Solyman, who was in the daily habit of consuming 20 grains of corrosive sublimate. But these cases afford no proof that such poisonous agents are harmless ; on the contrary, they seem to illustrate the power of the human constitution to endure for a time the effects of any poison.

Not every system can resist the fatal effects of deadly poisons ; nor is it safe for any person to make the experiment.

The brawny field laborer, or the sportsman constantly in the open air and leading a merely *animal* life, in some cases, may for years luxuriate in tobacco or any other narcotic, and yet appear healthy. The brainless dandy, during the golden period of life, may be able to puff his cigar, and with brandy and wine, keep up a show of life and vigor ; but imitation of his example is as unsafe as it is unmanly and immoral.

Occasionally we see men who smoke, chew, or snuff almost constantly, and yet appear to enjoy tolerable health ; but a case of perfect health in such a person I never have seen. It is a fact beyond dispute that the greater number of those who freely use tobacco, early suffer the penalty of their folly ; while all its votaries, sooner or later find

that their stupefying luxury has obstructed all the streams of human happiness and poisoned the springs of life.

We have already explained the physiological and the toxicological effects of tobacco, and have particularly referred to the influence it exerts upon the nervous system, the heart, and the circulation of the blood.

We have seen that the first and principal poisonous effects of tobacco are directed against the very seat of animal life, its fountain, and all its streams; and were we to follow out and examine all the consequent and relative functions and phenomena by which life and health are manifested, we should find that the bitter narcotizing drug that poisoned the fountain head, had infected the remotest living particles as much.

The functions of digestion and nutrition are impaired; and though in some cases the use of tobacco may for a time appear to relieve constipation and irritability of the stomach, it eventually cripples and almost destroys the digestive powers.

Tobacco-using is a most prolific cause of that fashionable disease, *dyspepsia*; and among students and literary men it is the most frequent cause of this execrated and protean malady.

The habit of *spitting up the food* is quite familiar to tobacco-users; *cholic*, *heartburn*, *disrelish of food*, and the whole category of dyspeptic ailments are as legitimately caused by tobacco-using, as is redness of the eyes by tarrying long at wine.

Says Dr. Rush; "tobacco, even when used with moderation, may cause dyspepsia, headache, tremors and vertigo."

Dr. Mussey has remarked that the habitual use of tobacco in either of its forms of quid, snuff, or cigar, is apt to induce a sense of weakness, sinking in the stomach, dizziness or pain in the head, dimness or temporary loss of sight, paleness or sallowness of the countenance, swelling of the feet, an enfeebled state of the voluntary muscles, a hoarseness of the voice, disturbed sleep, nightmare, epileptic and convulsive fits; confusion and weariness of the mental faculties, peevishness and irritability of temper, instability of purpose, seasons of great depression of the spirits, long fits of unbroken melancholy and despondency, and in some cases, entire and permanent mental derangement."

The excellent and eminent Doctor Woodward, so long the Superintendent of the Asylum for the Insane, at Worcester, Mass., has left his testimony that "tobacco is a powerful narcotic agent, and its use very deleterious to the nervous system; producing tremors, vertigo, faintness, palpitation

of the heart, and other nervous diseases. That tobacco produces insanity," he says, "I am fully confident. Its influence upon the brain and nervous system is hardly less than that of alcohol, and if excessively used is equally injurious."

Other eminent and enlightened physicians of our country have recorded similar testimony against the use of tobacco. Among these may be mentioned Dr. J. C. Warren, Dr. Bowditch, Dr. Ives, Prof. Charles A. Lee, Dr. Twitchell, Dr. Beck,* and Dr. Hosack.

Any observing person may discern in the common and fashionable uses of tobacco, the cause of no small proportion of the common and fashionable diseases which affect the votaries of that luxury; and every intelligent physician knows that tobacco is a prolific cause of the worst forms of constitutional and chronic maladies,† and that its effects predispose to every species of acute and malignant disease.

Bronchitis, sore throat, catarrh, consumption, rheumatism, hæmorrhoids, fistulas, sores, ulcers, tender eyes, weakness of sight, cataract and amaurosis, with the countless train of dyspeptic and nervous ailments, are legitimate and very

* Said that great Physician and Teacher, the late Prof. J. B. Beck, in one of his last lectures before the College of Physicians and Surgeons, "I am convinced that a large proportion of the *dyspepsias* which are prevalent are owing, as their remote cause, to the use of tobacco.

"It impairs the tone of the digestive organs and renders the whole system nervous. To those predisposed to consumption it is manifestly bad. This is a disease of debility, and everything that debilitates the system must be injurious."

Every enlightened physician knows that not only *dyspepsia*, but *consumption* owes a larger number of its victims to the fashionable use of tobacco; and the evil extends beyond those who use the drug, to such as are compelled to breathe its fumes.

† In our public Medical Charities, may be seen some striking evidences of the effect which tobacco exerts to enfeeble the powers of life and predispose to disease.

At the New York City Dispensary more cases of constitutional, chronic, and functional diseases are treated than at any other institution in America, more than fifty thousand patients being annually prescribed for. Of the male adult patients, affected by such diseases, who have come under my care at the Dispensary, I have found that nearly nine-tenths of the whole number were habitual tobacco-mongers. In no small proportion of these it has been perfectly evident that tobacco had an important influence upon the cause and continuance of these maladies.

frequent consequences of tobacco-using ; while of incurable malignant diseases may be mentioned that most frightful of all the ills that flesh is heir to,—*carcinoma* or *cancer*. It has been remarked by the eminent Dr. Warren and other distinguished surgeons, that a very large majority of those cancers that occur on the lips and about the mouth and face are seen in persons that are addicted to the excessive use of tobacco.

During the last two years there have been under my care six cases of cancer affecting the mouth and face ; one of these was a female, and the remaining five were men who had used tobacco freely for many years preceding the commencement of the cancerous disease.

One of the patients I was able to dissuade from the use of his favorite luxury for six months, during which period the cancer was less painful and the malignant growth did not increase ; but on returning to his former habits of tobacco-using the disease increased with great rapidity, and must soon prove fatal.

It is an established principle in Pathology or the science of disease, that whatever depresses or perverts the powers of life, renders the system more liable to disease, and especially to those that are incurable. We know that tobacco exerts this very effect, and that too, in a most marked degree ; it is not strange therefore, that its wide-extended and continued use should be found a prolific source of disease, and a widely-acting cause of the physical degeneration of the human race.

The facts that we have adduced afford ample proof that such are the inevitable tendencies and effects of tobacco-using ; and though to all eyes these may not be immediately obvious, they are not the less certain, nor less dangerous.

Of the tendencies of tobacco-using to induce other hurtful and immoral habits we shall speak in another place.

CHAPTER III.

THE EFFECTS OF THE USE OF TOBACCO AS A LUXURY UPON THE INTELLECTUAL POWERS AND THE MORAL FEELINGS.

This part of our argument against the use of tobacco is intimately connected with, and in a measure dependent upon the facts which we have already advanced in relation to the evils which this narcotic luxury inflicts upon man's physical nature. But the argument from moral considerations is of more importance than the latter, by as much as man's moral nature and his spiritual interests are of greater importance than his bodily health and temporal welfare.

We have already referred to man's strange propensity to seek out new and unnatural means of sensual pleasure—and that too, at the hazard of his best interests. By strange stimulants he seeks to augment and exalt every physical pleasure, though it be at the expense of the very capacity for physical enjoyments; and all his cares and discomforts of body and of mind, he strives to mantle in the dreamy forgetfulness of narcotism, though as a consequence of such indulgence, all life's ills are fearfully augmented.

Both in his sensorial and in his moral constitution, there is in man a strong proclivity to such unnatural and hurtful indulgence when once its tempting delights have been tasted. We have seen how such indulgence impairs man's physical constitution, and perverts or destroys all the functions of animal life. These considerations alone should be sufficient to restrain any rational person from thus doing violence to the laws of his being. Indeed it may be seriously doubted whether the man who for the sake of sensual indulgence would voluntarily transgress the laws of his physical nature, would not for equal inducements break

any of God's moral laws. True religious obedience is a principle of broader character and deeper root than to rest satisfied with mere outward conformity to the letter of a few revealed and written rules of life. It says, "Whether ye eat or drink, or whatsoever ye do, do all to the glory of God."

So intimately is man's physical nature associated with his moral feelings, that he cannot do violence to the former, without impairing and perverting the latter. Especially is this true when the nervous system is made the subject of such offences. All will admit that in the dram-drinker and the opium-smoker, we see ample proofs of this proposition. Now it is a fact beyond dispute, that tobacco is resorted to solely for its effect upon the nervous system; and there is no other narcotic that acts with more unerring and fearful certainty; no other narcotic so completely and so certainly subjugates its votaries—none so secretly and yet so surely poisons the fountains of health, and saps all the foundations of physical and moral strength. Tobacco is a *secret enemy*, and it does its work of death while pretending to alleviate the ills of life, and add fresh vigor to the body and the mind. By habit, appetite, and tempting charms, the victim is secured, and when he would escape, he finds that the golden and silken tinsel-bands he so long had idly sported and carelessly woven, are at last united in one firm cord, whose triple strength is not easily broken, and with which he is now securely bound, a *slave for life*.

Most emphatically does tobacco enslave its votaries. Every power of body and of mind is basely subjected to its goading vassalage, while it impairs and often destroys man's noblest faculties. It is the uniform testimony of those who have attempted to emancipate themselves from their attachment and bondage to tobacco, that to break the chains in which they are bound, requires the sternest efforts of reason, conscience, and the will.

Such subjection to appetite and lust is of itself a great moral evil; and it is wholly opposed to the plainest teachings of the Gospel. Its consequences are fraught with disaster and fearful hazard to the best interests of the body and the soul. The Gospel every where teaches the duty and the necessity of avoiding hurtful lusts and keeping the body in subjection. Saint Paul tells us that he strove to keep his body in subjection, with all its improper appetites; and he declares that although all things were lawful for him, yet would he not be brought under the power of any (1 Cor. vi. 12.)

The good, of all ages, have imitated this example of the Apostle, and like the excellent John Wesley, have made it a rule of life to form no habit and indulge in no appetite by which the body or the mind is brought into bondage.

It is a fact beyond dispute, and one which arises from the very nature and effects of narcotic luxuries, that with few exceptions, all who indulge in the use of tobacco are brought into bondage by it; and it is further true, that very few ever break off their attachment to the luxury, and that to do it, requires far greater effort than it requires to secure emancipation from the most inveterate habits of indulgence in the use of strong drinks.

In view of these facts, what young man having the least regard for his future welfare, would be willing to risk the consequences which so certainly attend on habits of tobacco-using?

Can a true Christian indulge in such a hurtful luxury? Would the Saviour and his apostles have allowed such practices in the Christian church? Says Dr. Rush, "What reception may we suppose the apostles would have met with, had they carried into the cities and towns to which they were sent, snuff-boxes, pipes, cigars, and bundles of tobacco?"

It were sufficient objection to any luxury, that its use imposes restraints upon man's physical and mental independence. But we have already seen that tobacco does far more than this. Its use does violence to every law of man's physical nature, and mars and defiles the fairest handiwork of the Creator. Without a single virtue or good effect to commend this luxury, it does evil, and only evil to the body; while to the mind it comes with promises more specious and false than tempted Eve to sin, and with fascinating guile it takes possession of the temple of the soul. At first the mind is beguiled by the syren voice of pleasure, and for a time is led among scenes of curious but unsatisfying bliss, where strange and fascinating visions of far-off fountains and streams of sensual and mental delights tempt onward like the deceptive mirage, and prove as false. The votaries of tobacco are deceived; and they feast on forbidden and poisonous pleasures, until at last, when driven out from the Eden of Health, and forced to wander defenceless through dark and devious ways, exposed to the storms of Disease and the thorns of Pain, the mind at last gives signs of woe, and all its powers tremble and grow faint, while its false and blindly stupefying guide leads it in a dark and misty way, through pitfalls and dreary places, full of melancholy fears and doubtings.

The effects of tobacco upon the mind are peculiarly fascinating and wofully deceptive. For a time, by its peculiar effect upon the nervous system, its use may seem to quicken the intellect, and give the mind augmented power; but this is only a *seeming* advantage; and whatever may be the largest estimate of that sense of self-satisfaction and apparent intellectual wealth which the use of this luxury may occasionally confer, it is more than counterbalanced by the real *poverty of thought* and *feebleness of mental power* that invariably succeeds any degree of narcotism. But, says Dr. Rush, "I suspect that tobacco is often used to supply the *want of ideas*, rather than to excite and collect them. The Indians spend whole days, and even weeks in smoking, in order to relieve themselves from the anguish which attends the inactivity and vacuity of their minds." Dr. Alcott has remarked that "no class of men think more tardily than old tobacco-mongers."

It is the uniform testimony of experience that the legitimate and most common effect of tobacco-using is to interrupt the mental processes and confuse the thoughts. There is no doubt that the use of tobacco may for a time enliven the imagination, and break up the dull monotony of deficient or too long-continued mental action. A moderate indulgence in cigars or snuff may for a brief period even accelerate the thoughts, and give a pleasing sense of intellectual vigor; but under such unnatural stimulus the intellect works neither reliably nor safely; and the reaction and stupor which necessarily succeed more than counterbalance the largest measure, even, of apparent gain. The evils incurred, even by such a moderate use of tobacco, are at once inevitable and very great; while even a seeming and transient gain is *uncertain* and *unavailable*.

It may be answered that "the Germans, an intellectual people, are proverbially a nation of tobacco-smokers; and that many distinguished scholars in our own country have been in the habit of tobacco-using." To this we need only reply, that it is morally certain that by renouncing their attachment to tobacco, the same individuals might have become more learned and eminent. As to the Germans, there is abundant evidence that tobacco, or some more deadly narcotic, has wofully mystified intellects, which might have enlightened and blessed the world. It is the testimony of the most enlightened physicians, that the use of tobacco in that country is rapidly wasting the physical and intellectual energy of the Germans; and it has been estimated by scientific persons in Germany, that of all the

men in that country who die between the ages of 13 and 35 years, about one half are destroyed through the agency of tobacco.

The idea that the use of tobacco can impart any aid to the operations of the mind, or in any way relieve from intellectual toil, is perfectly absurd; and he who resorts to such expedients will soon find that not only has he been fascinated and deceived, but that he has literally sold himself into a physical and mental *bondage*, from which escape is almost impossible.

The use of tobacco not only impairs and enslaves the mind, but there are sad and melancholy proofs that this fashionable luxury is a prolific source of *insanity*. In reference to this subject we have already quoted the opinion of the late Dr. Woodward; and similar testimony is borne by all who are conversant with the causes of this most terrible calamity. This is the climax and limit of all the ills the mind can suffer, and although but comparatively few are brought to it, still, awfully visible it stands at the terminus of that long vista whose galleried and flowery entrance is fanned by the soothing and balmy breezes of narcotism and beautified with curious fancies and alluring visions of blissful ease, storied intellectual treasures, and sensual delights, which tempt all who enter in, to follow on until they are unconsciously secured on enchanted ground, from which perhaps fewer ever return to the world of light, than are drawn onwards to the clutches of the grim monster of *Insanity*.

The tendency of tobacco-using to cause melancholy, hypochondriasis and hysteria, is a fact well known to physicians; and attentive observation will convince any one that this drug tends directly to induce petulance of mind and a peculiar fickleness of purpose, which are the causes of a vast amount of unhappiness and misery in life. Not all who use tobacco become melancholy, hysteric, or petulant, but these states of mind are legitimate and almost necessary consequences of tobacco-using.

Here, too, the moral feelings suffer equally with the intellectual powers and the physical nature. Like the relation of the body to the mind, the intellectual powers and the moral feelings are intimately connected, and such are the mutual dependencies of man's triple nature, that when one member suffers, all the others suffer with it; and just in proportion to the intimacy of the relation that may be sustained to the suffering part. When the brain and the nervous system are irritated and deranged, the intellect

works badly, the thoughts are imperfect and confused, the feelings are petulant, and the emotions are perverted or suspended.

Again, when the physical nature is subjected to unnatural stimulants, or is stupefied by narcotics, the mind partakes of the same condition, and the moral feelings seem cut loose from all restraints, and they run wild, or lie buried in oblivious stupefaction. It may be that some have found tobacco an aid to sociability, and a means of relief from teasing cares and bristling nervous excitement; but in every case it has been at the expense of greater good than such indulgence can procure. Religious feelings and emotions of an uncertain character may at times have been called forth by a moderate use of narcotic drugs; but *not with God's approval*. It is too sadly true, that many of the professed followers of the blessed Saviour, at each returning morning and evening, offer an earlier and another incense than that of pious emotion. Even in the Christian sanctuary are often seen shrines and offerings to other gods than Him who has said, "Thou shalt have no other gods before me."

The pious Wesley would not approve for the gospel ministry any man who used tobacco as a luxury. In the early days of New England, when good morals and pure religion constituted the *summum bonum* of all things, the use of tobacco was forbidden by law, except when ordered by a physician. In the early records of Harvard University, there is a regulation "that no scholar shall take tobacco, unless permitted by the President, with the consent of parents and guardians, and on *good reasons* first given by a physician." We have referred to the more direct influence of tobacco-using upon the intellect and the moral feelings; but there is another and more obviously evil influence which the use of this luxury exerts upon morals: The use of tobacco *paves the way to every vice*, and it directly and powerfully tends to habits of the grossest immorality. Ever since the introduction of its use as an article of luxury, it has been observed that tobacco and dram-drinking have maintained an intimate relation, and that habits of inebriety in the use of intoxicating drinks usually are preceded and accompanied by tobacco-using.

It was not until tobacco came to be excessively used that dram-drinking became an alarming evil; but no sooner had it become a fashionable luxury than tippling and drunkenness increased with fearful rapidity; and for nearly two

hundred years the evils of intemperance have been constantly augmenting in an equal ratio with the increase of tobacco-using.

Says that noble friend of Temperance, E. C. Delavan, "I have had my fears for the safety of the Temperance cause through the insidious influence of tobacco. It is my conviction that while the use of tobacco continues, intemperance will continue to curse the world; the use of tobacco leads to the use of intoxicating drinks."

Dr. Woodward has remarked that "the use of tobacco is the most ready and common stepping-stone to that use of spirituous liquors which leads to intemperance."

Dr. Rush has observed that "smoking and chewing dispose very much to the use of the stronger stimulus of ardent spirits."

Said the late excellent and learned Prof. J. Smythe Rogers, M. D., in a College Lecture, "The annals of our large cities can testify that the awful scourge, more to be dreaded and more fatal in its effects than the Plague or the Eastern Cholera—**INTEMPERANCE**—owes thousands of its victims to indulgence in tobacco; the direct effects of tobacco are, to produce a love—a craving, I may say, for strong drink."

This relation of tobacco-using to spirit-drinking is every where noticeable; and close observation of the facts will convince any one that intemperance owes a very large proportion of its victims to the agency of this narcotic weed.

The use of tobacco so benumbs and perverts the organs and sense and taste, that water and the simple drinks of nature become too insipid to be relished, while at the same time the poisonous and acrid juice of the weed create an unnatural and craving thirst, which nothing but strongly stimulating liquors can satisfy. Then this direct and inevitable physical tendency to spirit-drinking is fearfully augmented by the still stronger tendencies which grow out of man's moral constitution. Thus is the way opened to every hurtful indulgence and to the most degrading vices.—True, every tobacco-user does not become a dram-drinker or a debauchee; but the tendencies that way are very strong: and it is an ominous fact, that tobacco claims such close alliance to every form of vice, that scarcely a vicious person can be found who does not loudly praise and freely use this stupefying drug. In dram-shops and in gambling saloons, at bacchanalian revels, in the secret dens of infamy, and wherever wicked men do congregate, there is to-

bacco used most freely, and its power to stupefy the soul most fully tested. The scented "Havanas" and the "fine-cut" tobacco are but one shelf above the bottles of sparkling wine and heating brandy ; the cigar store and the smoking divan are next door to the tippling shop and the gaming table, and both are hard by "the house of her whose feet go down to death, whose steps take hold on hell ; whose house is the way to hell, going down to the chambers of death."

It was in view of facts like these that the excellent Dr. Rush exclaimed, "Who can see groups of boys in our streets smoking cigars, without anticipating such a depreciation of our posterity in health and character, as can scarcely be contemplated without pain and horror."

Says that close observer and student of human nature, Rev. John Angell James, "the first cigar a young man takes within his lips, may become, and often does become, his first step in the career of vice." Similar testimony can be borne by every pastor and by every teacher of youth, and it has been the honest confession of multitudes who have fallen into habits of intemperance and vice.

"Pernicious weed, whose scent the fair annoys,
Unfriendly to society's chief joys,
Thy worst effect is banishing for hours
The sex, whose presence civilizes ours.
They dare not wait the riotous abuse
Thy thirst-creating streams at length produce,
When wine has given indecent language birth,
And forced the floodgates of licentious mirth."

COWPER.

Were tobacco-using an evil really no greater than its advocates admit it to be, there still would be sufficient reason for abjuring such practices ; for it is by these unretuked and secretly-working vices that the garden of the soul is spoiled. One evil practice follows another with fearful certainty ; and all who have ventured upon the dangerous declivities of vicious indulgence have found that the descent is easy and almost inevitable. "*Facilis descensus avari,*" is a fearful truth.

There is not another practice or custom in civilized society that will so directly and readily introduce a young man to vicious associates, and to all the haunts of wicked-

ness, as do the unrebuked and fashionable habits of tobacco using ; nor is there another article of luxury that so secretly and yet so surely saps all the foundations of manliness and virtue, and so strongly urges its votaries on to habits of intemperance, and to every hurtful indulgence.

CHAPTER IV

AN EXAMINATION OF THE ALLEDGED REASONS FOR THE USE OF TOBACCO.

THE votaries of sensual indulgence are never at a loss for special reasons and a show of argument in defence of even the most hurtful practices. But no other luxury, whether innocent or harmful, ever found in its defence such a host of reasons and of reasoners as are volunteered in the filthy service of Tobacco.

These reasons and arguments are as false and delusive as the illusions which the indulgence induces in its votaries. Yet some of them are so specious and well calculated to mislead, that we feel it a duty carefully to examine them, though by the well established physiological facts which we have adduced, even every apology for the luxury is excluded.

I. It is often alledged that tobacco, or any other poisonous substance, when taken into the system in minute quantities, does not act as a poison, though in larger doses the same agent would prove fatally poisonous.

This sophistic proposition is as entirely opposed to the facts of observation and experience, as it is to the plainest principles of science and of common sense. Says one of the most learned medical teachers* in our country, "En-

* Professor C. A. LEE.

lightened physiology rejects the idea of the innoxiousness of poisons in small doses, although it may be endorsed by appetite, self-indulgence, and absurd theory."

II. It is a common apology for the habit of tobacco-using, that it is resorted to for medicinal effect in the prevention or the cure of some supposed disease.

This is a sad delusion, and it too often serves as an ample placebo to reason and the conscience. In most cases, however, this apology for tobacco-using is but a shallow pretence, such as every tippler urges in justification and defence of his pernicious practices.

It is a fact well known to physicians, that no article of the *Materia Medica* when used constantly or as a luxury, can continue to act medicinally. Moreover, it is an established principle among enlightened physicians, that nothing but the most absolute necessity can justify the use of any poisonous agent in the relief and cure of disease. *No physician ever found it necessary to prescribe the continued use of tobacco for any malady whatever.* The notion that the use of tobacco improves digestion, preserves the teeth and aids the senses, is the very reverse of truthful facts; and it is too false and absurd to require further consideration in this essay.

III. It is often alledged by tobacco-users, that by tobacco they are protected from malarious and infectious diseases.

This idea is as utterly opposed to facts as it is to the plainest truths of Physiology and all the principles of Hygiene; and those who are so unfortunate as to be led into habits of tobacco-using for such a purpose will find that instead of being a *protector*, tobacco is a *traitor* that for the slightest causes will deliver them over to the merciless powers of disease. From observations made during the prevalence of epidemic diseases, such as the Cholera, Typhus Fever, Influenza, Dysentery, &c., I am fully satisfied that the use of tobacco not only does not afford the least protection from those diseases, but on the contrary, that it operates as a strongly predisposing and complicating cause of those dreadful maladies. So far as I have been able to ascertain, a very large proportion of those physicians and nurses who have contracted diseases in hospital service, have been tobacco-users.

IV. It is believed by some persons that tobacco has power to quicken and augment the action of the mental faculties.

This is an illusion by which students and literary men are often deceived, and strongly do such victims of the drug urge this argument in its defence. The same reason may with better cause be urged in defence of wine-drinking; but like wine, tobacco is a mocker, and whosoever is deceived thereby is not wise.

We have already examined this subject, and have seen the fallacy of the idea that tobacco-using can in any way be otherwise than hurtful to the mind.

V. The use of tobacco prevents craving for natural food, and has power entirely to prevent the sense of hunger; therefore it is imagined that this effect of tobacco is in some way equivalent to the use of food.

A vague notion of this kind is quite prevalent among the laboring poor, and such inference is natural enough, though it is absolutely false. One of the first effects of tobacco is to impair, or destroy the natural appetite for food, and to retard and interrupt the process of digestion.

Opium will produce similar effects, so will Ipecac, Lobelia, Tartar Emetic, and many other articles. But no one would consent to be nauseated to such an extent as to destroy the appetite, unless he could be agreeably narcotized or intoxicated at the same time.

The idea of preventing the demands of appetite for natural food is wholly opposed to nature and to reason; and whoever practices such folly will surely become enfeebled and unhealthy. Even granting that tobacco has power to retard or partially suspend the natural process of decomposition and recomposition of the animal tissues, (according to an ingenious hypothesis of Dr. Liebig;) there can be no advantage in using the drug unless one is absolutely obliged to endure long fasting. And after all it is more painful to the lover of tobacco to endure abstinence from his narcotic luxury, than it is to suffer the longest deprivation of natural food. Dr. Rush informs us that the soldiers that marched under General Arnold from Boston to Quebec, in 1775, though they were so destitute of food as to be obliged to kill and eat their dogs, complained less of their suffering from hunger than from being deprived of tobacco.

VI. Tobacco is universally used throughout the world; which fact is evidence that it was designed by the All-wise Creator for the only purpose for which it is used by man; and farther, that there is in man's nature a necessity for such a narcotic luxury.

This species of argument in defence of tobacco-using is

perhaps the most frequently proposed of any ; and although its sophistry appears upon its very face, still it is the strong defence which not a few good men rely upon. This kind of reasoning seems to take for granted that man is morally and sensually upright, and that his instincts, appetites and passions are as immaculate and unerring as they were in Eden. Upon the same principle, and with equally good reason, intoxicating drinks may be freely indulged in and received with thanksgiving ; the blasphemer may curse until his soul is satisfied, and the debauchee may revel in his lechery and corruption, and still be pure and immaculate as a lamb.

These, and such as these, are the arguments urged in defence of tobacco-using ; and well do they exhibit the folly and the blindness of those in whom appetite and lust have perverted and degraded the moral sense and the powers of reason.

CHAPTER V

THE ECONOMIC EVILS RESULTING FROM THE USE OF TOBACCO AS A LUXURY.

All the physical, intellectual and moral waste and damage caused by tobacco-using, lead directly to waste of property and to loss of the means by which earthly goods are rightfully acquired and retained. We mention this as the first and most important source of economic loss ; and although it may not be so *obvious* as many other sources of worldly-wasting, it merits more *attention* than any other we can mention.

The simple cost of tobacco often seems to be a matter of trifling expense to the consumers of the drug ; and some snuffers and chewers of tobacco are able to indulge in their favorite at a comparatively small expense.

It is, however, an established principle, in Christian morals, *that no one, however rich, may innocently waste even the smallest sum.* But the amount of money wasted for tobacco is really very great.

It is estimated that in this city, (New York,) more money is expended daily for *cigars* alone, than is paid by all the inhabitants of the city for their daily bread. I know of men who annually expend from Eighty to a Hundred Dollars for the *cigars* they consume, and a very large proportion of the *clerks*, *artisans*, and laboring classes in this city, expend from *five to ten per cent of all their income for tobacco.*

Thousands of our population who are now struggling in poverty, might have been independent and happy had they prudently managed the money that they have worse than wasted for tobacco. Whoever will examine the subject, must be convinced that tobacco-using sustains an important relation to those habits of indolence, wastefulness and intemperance, which are the causes of pauperism and vice.

The majority of the inmates of our Alms Houses, Lunatic Asylums, and Penitentiaries, are lovers of this narcotic drug; and in many instances they have been first drawn into vicious habits through the influence of tobacco-using and its associations.

Of these important items of economic loss it is impossible to make a correct estimate. They far exceed the total sum expended for tobacco.

The total prime cost to the consumers, of the tobacco used in the United States, amounts to considerably more than TWENTY MILLIONS OF DOLLARS ANNUALLY.

Great Britain receives,—or, rather, her people pay, an annual DUTY of between THREE AND FOUR MILLIONS OF POUNDS STERLING, on the tobacco that is consumed in England, Scotland, and Ireland. In the year 1840, this Duty amounted to 3,520,167 Pounds, which equals 15,645,186,-66 Dollars. This enormous sum was paid for the Duty alone, and that principally on *unmanufactured* or *raw* tobacco. The actual retail cost of this tobacco to the consumers must have been more than 30,000,000 of Dollars. Then, added to this, should be reckoned a very large amount of *smuggled* tobacco that finds its way into Ireland and Scotland. It was recently stated in the British Parliament that of the whole amount of the tobacco used in Ireland,—three fourths were smuggled.

In Germany, Russia, Holland, France, Spain and Portugal tobacco is used quite as fully as in Great Britain; and in the other European countries it is also freely used. In a portion of Africa and nearly all of Asia, tobacco is a favorite luxury; and on our own continent its use is almost universal.

Though it is impossible to estimate the real sum this luxury costs mankind, it is certain that it is far greater than the expenditure that is made for educational purposes in all the world.

The sum expended for tobacco in the United States, and Great Britain alone, is more than is sufficient to support FIFTY THOUSAND MINISTERS OF THE GOSPEL at a salary of more than a thousand dollars each;—and at the same rate as preachers are now supported, it would pay the expenses

of ONE HUNDRED THOUSAND ;—or at the same ratio of expenditure that is now made for *all the christian missions in heathen lands*, this sum would support more than ONE HUNDRED and THIRTY THOUSAND MISSIONARIES, MISSIONARY ASSISTANTS and TEACHERS ; which is nearly twenty times the number now laboring among the heathen.

These are sober facts, and they demand the attention of philanthropists and christians. More money is absolutely wasted on tobacco in christian countries than is expended for all the institutions of the Christian religion ! The money that is worse than thrown away for this filthy narcotic luxury, by those who are called by the christian name, would place the BIBLE in the hands of every reader upon the face of the earth ; or would support efficient Christian Missions in every city and town in all the unevangelized countries of the globe.

These facts to which we have referred exhibit something of the prodigal and wasteful expenditure that is made for tobacco. But the actual cost of the drug is not a moiety of the waste it causes to the wealth of any country.

We have seen how the use of tobacco induces habits of intemperance, and leads to every vice. Here is the greatest source of economic loss. Besides, it may be conclusively shown that the culture and preparation of tobacco can in no way augment the permanent wealth of any country ; for it is an established principle in Political Economy, that the production, or the consumption of any article that neither contributes to the physical, intellectual, nor moral interests of the people, is a total loss to such a nation, to an amount, equaling or even exceeding the cost of the article.

Tobacco is such an article. Its production rapidly impoverishes the soil, and makes no return for its support ; while all the labor bestowed upon the cultivation and preparation of the drug, does not in any way add to a country's wealth ; for it is labor expended upon an unprofitable article, while at the same time the consumption of tobacco is productive of absolute and incalculable damage to the physical, intellectual, and moral interests of any people who indulge in it.

The State of Virginia exhibits ample and striking proofs of the principles and facts above alluded to. Some of the best portions of that once rich and flourishing state have become so utterly impoverished by the cultivation of tobacco, that they are now esteemed worthless ; while at the same time, the character and the wealth of the oldest and most celebrated tobacco districts have long been retrograding. President Jefferson speaks of this in his "Notes on Virgi-

nia;" and every traveller in passing through that state must have been impressed with these facts.

According to our census statistics, it appears that nearly one-tenth of all the manual labor in the United States is expended upon the culture and preparation of tobacco. This labor in no way augments the *permanent* wealth of our country; while the tobacco culture is a constantly impoverishing drain upon our soil.

The advantageous results of universal reform from habits of tobacco-using, may be inferred from a remark of the late Hon. John Quincy Adams in a letter to Rev. Samuel Hanson Cox, D. D. After detailing his experience and his opinions of tobacco-using, Mr. Adams remarks, "I have often wished that every individual of the human race afflicted with this artificial passion, could prevail upon himself to try but for three months the experiment which I have made! sure that it would turn every acre of tobacco-land into a wheat-field and add five years of longevity to the average of human life."

Such results would prove more advantageous to our national wealth and happiness, than would the discovery of gold mines in every state, richer than those of California.

CHAPTER VI.

THE OFFENSIVENESS OF TOBACCO, AND THE HABITS THAT ARE ATTENDANT UPON, AND ENGENDERED BY ITS USE.

TOBACCO belongs to a class of plants that by the celebrated botanist, Linnæus, was characteristically denominated "LURIDÆ," because of their dark and suspicious appearance, and offensive odor.

The repulsive and loathsome nature of the tobacco-plant is not at all lessened by any of the various processes of preparation and manufacture to which it is subjected for the purposes of fashionable use. The "cigar," the "snuff," the "fine-cut," and the "plug," are even far more offensive than the growing plant from which they are manufactured. How any human being first came to employ the vile weed for the purposes of luxury, is not certainly known. At the time of the discovery of America it was an article of luxury among the Indians. The custom of smoking various narcotic substances has long been common in various parts of the earth. It is quite certain, however, that the habit of *tobacco smoking* was unknown, except among the American Indians, until about the middle of the sixteenth century, when the tobacco-plant was first introduced upon the Eastern Continent.

Sir Walter Raleigh introduced the custom of smoking into Great Britain.

It is said that the infamous and cruel Catherine de Medecis was the first person of note who used the drug in the form of *snuff*; and during her lifetime the plant was called, in France, *Herbe a la Reine*, the Queen's Herb. Well did the stupefying properties of tobacco befit that fiend in woman's form, who instigated the horrid Massacre of Saint Bartholomew's. Her nerves must have required a narcotizing quietus, as did her soul "some sweet oblivious antidote." But that any person of clear conscience and a sane mind should resort to such an offensive narcotic as tobacco, is quite remarkable, especially when we consider the filthiness of the habits induced by its use. Besides, the peculiar habits of tobacco-using are so disgusting and so ludicrous, that a sense of decency and propriety should restrain from any such indulgence.

Says Leigh Hunt, of *snuffing*, "It is an odd custom; and if we were to come suddenly upon it in a foreign land, it would make us split with laughing."

The *chewer*, in his constant masticatory movements, imitates the quadrupeds; and in his constant spewing of tobacco-juice, he renders himself more disgusting than the filthiest beast: while the *smoker* is a nuisance to the whole house in which he dwells, and wherever he offers up his smoky incense to the god of appetite.

These strange and hurtful customs became so offensive to Queen Elizabeth, that she caused an edict to be pronounced against tobacco-using. From similar motives, and to guard their subjects from the dangerous effects of this drug, James I., Charles I., Pope Urban VII., the Czar of Russia, the Sultan of Turkey, and even the Shah of Persia, attempted by the enactment of stringent laws, to prevent their people from indulging in the luxury. In Switzerland, a council was organized for the express purpose of trying offenders against the laws prohibiting the use of tobacco. It was called the "Chambre du Tabac;" and it inflicted severest penalties. In the Canton of Berne, the use of tobacco was esteemed a gross sin, and it was ranked next to the sin of adultery, and punished with a like penalty.

But in vain were the enactment of laws, the edicts of monarchs, and the anathemas of popes. In less than one hundred years from the time that tobacco was first introduced into Europe, its use had become common throughout every country on the Eastern Continent. In the New England Colonies its use was for some time discouraged by the prohibitions and penalties of civil laws; and though the

policy of such enactments may be questionable, yet we must approve of their design.

By persons of undepraved tastes and sound senses, the use of tobacco is, and ever will be, esteemed an offence against decency and good manners. Well did King James in his famous "Counterblast," characterise tobacco as "like the infernal regions in the very substance of it;" "for," says he, "it is a loathesome, stinking thing; . . . and in the black, stinking fumes thereof, nearest resembling the horrible Stygian Pitt that is bottomless." In whatever form or mode tobacco may be used, its odor and its fumes are exceedingly offensive and unwholesome; while the very clothing, and the bodies of those who indulge in the drug, become so completely impregnated with its poisonous fumes, as to make them exceedingly repulsive to persons of cleanly habits. It surely is a wanton breach of *good manners* to indulge in practices so offensive.

By the pious Wesley and his coadjutors the use of tobacco was disallowed among those who professed to be the followers of Christ; and, says Dr. Rush, "this prohibition discovered a high and just sense of the self-denial, decency, and universal civility which are required by the Gospel."

The accomplished Gouverneur Morris once remarked that "Gentlemen,—smoke—nowhere." We may safely add, that the *principles of Christian politeness forbid the use of tobacco as a luxury in any form or mode whatever.*

CHAPTER VII.

THE REMEDY AND THE PREVENTIVE.

THERE is no remedy for the evils caused by tobacco, nor any preventive. short of entire abstinence from it. use as a luxury.

We have seen by what seductive agencies and fascinating influences this luxury ensnares and subjugates its votaries ; and though these agencies and influences may be unseen and unsuspected by the young tobacco-user, they are as certain as the physical and the moral laws which govern his being.

It is the uniform testimony of experience, that the habit of tobacco-using, when once it is fully established, is stronger and more imperious in its demands than any natural appetite ; and experience has often proved, that to break away from this habit requires greater effort than is necessary for the reformation of the tippler of strong drink.— Scores reform from habits of drinking where one renounces the use of tobacco ; and it may be doubted whether it be possible to induce any considerable proportion of the tobacco-users in any community to renounce the narcotic weed, though an amount of effort and of influence were put forth which should be sufficient to reclaim half the drunkard's in the land. Yet, every tobacco-user can reform, and so can every lover of strong drink. But it is extremely difficult to bring the victims of perverted appetite into a *reformatory state of mind* ; for in them vicious indulgence has perverted the very fountains of thought and

feeling, and has even usurped authority over the will itself—so that when the victim sees and feels his bondage, he finds himself unable to break away from the power of appetite, and the bewitching charms that bind him.

Though at one moment the victim of tobacco may loathe and curse the drug which enslaves him, at the next he will bless its charms and lovingly embrace the filthy weed.—With the poet Lamb, he exclaims—

“ Stinking’st of the stinking kind,
Filt of the mouth, and fog of the mind;
Henbane, nightshade, both together,
Hemlock, aconite,—

* * * *

Nay, rather,
Plant divine, of rarest virtue,” &c.

—and again the deluded votary of tobacco returns to his hurtful indulgence, and with unmanly faltering acknowledges his inability to reform. *Absolute and immediate renunciation is the only remedy.* In many cases it may require the sternest effort; but this is the only means of reform from any vice; and *total abstinence* from sin is the only preventive of its consequences. “Touch not, taste not, handle not,” is the only rule of safety in reference to any tempting or hurtful indulgence.

But how shall one escape from the dominion of appetite and lust? How shall the lover of tobacco break from the bondage in which he is so firmly held? Where shall he find a remedy for the insatiate cravings of his perverted appetite and strange affection for the bewitching and stupefying luxury which has so depraved his nature? Verily, the way is hedged up with difficulties. But *reform is possible*; and it is a religious duty. God requires us to OBEY his laws, and he has made such obedience as possible as it is obligatory. However depraved may be our physical habits and tendencies, God has beneficently created within us a sense of propriety, and a principle of self-love, which no amount of depravity can utterly annihilate; and then by curious and multiplied attachments, the Creator has so joined the physical to the moral interests of man, that all the potent agencies of religion and of moral influence can be made to bear directly upon any practice or habit, whether of body or of mind. Self-love, and an innate sense of fitness and propriety should, and often do prompt to efforts of reform; and strongly do they urge to habits of physical and moral rectitude; but it is a lamentable fact that these

motives are usually found unreliable and inefficient. When these, the strongest powers inherent in man, have failed, and the despairing inquiry is made, "Wherewithal shall a young man cleanse his way?" the voice of Inspired Wisdom promptly responds, "By taking heed thereto according to thy Word."

Never was this means of reform found inefficient. It is completely and especially adapted to every case of depravity and degradation, whether of the physical or the moral nature, and it is the ONLY reliable means of reform. It will enable a man to love the things he once hated, and it will lead him to hate the things he once loved. The reformation which it effects is at once radical and permanent.

Vanity and pride, public opinion and pledges, may occasionally lead a victim of tobacco, or of any other evil, to renounce his vicious habits; but such agencies and means are unreliable, and they will reach but comparatively few cases. Moral and religious principles alone have power effectually to reform, and these alone can afford impregnable defence against temptation, and protect from the force of appetite and habit.

But PREVENTION is better than cure, and it is far easier. How may the universal and fashionable use of tobacco be discouraged, or diminished? What can be done to prevent our youth from contracting habits of indulgence in this hurtful luxury? These are the questions of greatest interest.

We have seen how utterly inefficient has been all civil legislation on this subject. Municipal and ecclesiastical edicts are little heeded by depraved appetites; though just legislation upon such matters is obligatory upon both the State and the Christian Church, so soon as it can have the support of a majority in any community. But it must be evident, that the true mode of reaching the evil, is that which we have indicated in this essay. Man must understand the laws of his physical and of his spiritual being; and he must be convinced of the dangerous tendencies and effects of narcotic luxuries. "KNOW THYSELF," must be the motto of those who would hope effectually to reform others, or preserve themselves from evil habits.

Parents and teachers must do their duty in this matter, and by precept and example secure the rising generation from the pernicious habits of indulgence in tobacco, or any other narcotic luxury. Simple instruction in the science of Human Physiology, and the Laws of Health, will not protect our children from hurtful indulgence, or vicious

practices, unless such instruction is enforced by moral and religious considerations.

Ministers of the Christian religion, and all who profess the Christian name, are bound by the most solemn vows, to exemplify and to teach that Gospel which brings salvation from the dominion of the appetites and lusts of the body, no less than from the moral defilement of the soul. And, lastly, Physicians,—the *guardians of public health*,—the exponents of God's physical laws, have an equal responsibility in every effort which has for its object, the physical or the moral elevation of our race.

To you, Parents, we appeal for the safety and the happiness of your children. Teach your sons to avoid every form of indulgence in tobacco and all other narcotic luxuries.

Of you, Teachers, we ask, that by correct example, and by sound physiological instruction, the youth of our country be saved from the slavery of vicious appetites and habits.

Upon you, Ministers of the Gospel—upon you, professed Disciples of our blessed Savior—upon you is fixed the gaze of an ungodly world; and from you are expected examples of holy living; and from you will be cheerfully received words of instruction and admonition upon any subject connected with the present or the future welfare of your fellow men.

From you, my brethren in the Medical Profession,—all men anxiously inquire for instruction in the laws of Life and Health; and pale Disease tremblingly implores you to warn those who are rejoicing in health, that **INDULGENCE IN NARCOTIC LUXURIES IS THE GREAT HIGHWAY TO THE GRAVE.**

Letter

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THE UNIVERSITY

My dear Sir,
I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the matter of the University of the State of New York, and in reply to inform you that the same has been forwarded to the proper authorities for their consideration.

I am, Sir, very respectfully,
Your obedient servant,
J. B. [Signature]

Very truly,
Yours,
J. B. [Signature]

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